

French Lamb Navarin

2-4 lbs. shoulder of lamb, in 1-inch cubes
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. nutmeg
4 tbsp. butter or fat
2 large onions, minced
3 tbsp. all-purpose flour
3 cups water
1/2 cup carrots, diced
1/2 cup turnips, diced
1/2 cup potatoes, diced

A spring favourite in France.

Mix together the salt, pepper and nutmeg and roll the lamb in this mixture. Brown over medium heat in the butter or fat. Add the onions and continue cooking for 1 minute. Add the flour and water and, stirring constantly, bring the whole to a boil. Cover and simmer for 1 hour, then add the vegetables and simmer 1 1/2 hours more.

If you plan to reheat this, omit the potatoes from the recipe.

Serves 4 to 6.